



Norwich

(B) 7/8TH Wrestling

Coaches:

- Frankie Garcia, Head Coach
- Luke Marvin, Asst Coach
- Joe Downey, Volunteer

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 28, 2022	Mon	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Nov 29, 2022	Tue	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Nov 30, 2022	Wed	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 1, 2022	Thu	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 2, 2022	Fri	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 5, 2022	Mon	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 6, 2022	Tue	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 7, 2022	Wed	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 8, 2022	Thu	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 9, 2022	Fri	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 12, 2022	Mon	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 13, 2022	Tue	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 14, 2022	Wed	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 15, 2022	Thu	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 16, 2022	Fri	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 17, 2022	Sat	Regular Season	Oneonta, Windsor, Chenango Forks, Chenango Valley, Susquehanna Valley, Vestal @ Binghamton	10:00 AM		Binghamton High School-Gym	Departure Point: High School Gym Departure Time: 8:15 AM	L
Dec 19, 2022	Mon	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 20, 2022	Tue	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 21, 2022	Wed	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 22, 2022	Thu	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 23, 2022	Fri	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 26, 2022	Mon	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 27, 2022	Tue	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 28, 2022	Wed	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 29, 2022	Thu	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Dec 30, 2022	Fri	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 2, 2023	Mon	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 3, 2023	Tue	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 4, 2023	Wed	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 5, 2023	Thu	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 6, 2023	Fri	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 9, 2023	Mon	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 10, 2023	Tue	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 11, 2023	Wed	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 12, 2023	Thu	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 13, 2023	Fri	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 14, 2023	Sat	Regular Season (Tournament)	Horseheads, Corning-Painted Post, Owego Apalachin, Chenango Valley, Johnson City, Vestal @ Windsor	9:00 AM	8:00 PM	Windsor High School	Departure Point: High School Gym Doors Departure Time: 7:30 AM	L
Jan 16, 2023	Mon	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 17, 2023	Tue	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 18, 2023	Wed	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 19, 2023	Thu	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 20, 2023	Fri	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 23, 2023	Mon	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 24, 2023	Tue	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 25, 2023	Wed	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 26, 2023	Thu	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 27, 2023	Fri	Practice (Modified Wrestling Practice)	N/A	3:15 PM	4:30 PM	Wrestling Room		
Jan 28, 2023	Sat	Regular Season	Windsor, Ithaca, Chenango Forks, Maine-Endwell, Johnson City, Binghamton @ Oneonta	9:00 AM		Oneonta High School	Departure Point: High School Gym Doors Departure Time: 8:00 AM	L

Date: 2024-05-17